

QC

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Art Gallery of Regina's
Orange fundraiser
P. 4

GARDENING:
Tips on how to drought-
proof your lawn
P. 11

WINE:
Red wine is best after
it has aged for five
years or more **P. 31**

REBOOTING DIVERSITY

**WOMEN IN COMPUTER SCIENCE
GET A BOOST FROM
CARA SIMPSON
P. 5**



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ON THE COVER P. 5



Clara Simpson poses a lot of interesting in her role as a partner with IBM Canadian Region. © PHOTO BY DON HEALY

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Julene Bates shows her spring style. © PHOTO BY JASON KOWALSKI

QC COVER PHOTO BY DON HEALY

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ON THE SCENE

ART GALLERY OF REGINA ORANGE FUNDRAISER

Orange, a benefit for the Art Gallery of Regina, celebrated the fine art of food on June 20 with delicious appetizers and decadent desserts. Chefs from six Regina restaurants pulled out all the stops to create tongue-inspired cuisine, which guests sampled and voted on to determine the winners of Red Plate Awards in four categories. Chef Karla Gernath of Cathedral Village Frothouse took home two awards — for best flavour and for best chef. Tim Davies of the Willow on Wascana won the audience favourite category. And Tim Lynch of Boscovici was recognized for creating the most artistic presentation. Winning chefs in the good natured competition receive a Red Plate award, plus bragging rights. The theme of this year's annual fundraising gala, which was held in the Neil Ballwell Civic Arts Centre, was orange — the flavour, the colour, the spirit and all that it implies. Participating restaurants included the Willow on Wascana, Slow River Pub & Sports Bar, Cathedral Village Frothouse, Lancaster Taphouse, Boscovici and The Fat Buddha. Kaita Pansaree and Spicing Silver Distillery participated in the fundraiser, but not in the competition. The evening included musical entertainment by Matt Kato Group, locally brewed drinks and an silent auction featuring everything from jewelry and art to experience packages. All proceeds from the event go to support the programming at the Art Gallery of Regina.

QC PHOTOS BY NICHOLE RELL



1. Tobi is set at Orange, a fundraiser for the Art Gallery of Regina.

2. Chris Johnson and Victoria Gabel.

3. Danielle Beuker and Jennifer Knoch.

4. Logan Gartner, Haley Gartner and Craig Neelsson.

5. Charles and Sharon Galimann.

6. Doreen Linn-Henderson, Tony Neel and Joan Duxley.

7. Elsie Orell McCall, Shaylee Davies, Tim Davies and Chris MacLeod.

8. Jim and Andrea Lynch.

ON THE COVER

It's all about trying to bring the fun element to technology. — *Carla Simpson*

DIVERSITY IN THE WORKFORCE

Empowering women with technology



Carla Simpson with ISM Canada events to help women in the tech industry. CP PHOTO BY DON HEALY

By Sean Trembath

Carla Simpson is a big proponent of diversity in the workplace.

"The more people you can bring in with different perspectives and viewpoints, the better solution you're going to get at the end," she says.

As a woman, she has always been in the minority in the technology industry. She says it hasn't been a big issue for her career but that

gendered demographics can leave women feeling like they are on the outside.

"It is a bit lonely to be honest," she says. Things are changing gradually, Simpson says. She has a lot of recruiting in her role as a manager at ISM Canada in Regina and says she is bolstered by the number of resumes she sees from qualified female applicants. A lot of her best employees, who she calls "rock stars," are females. At the same time, she says the indus-

try still has a long way to go.

"I would have thought I would have seen that gap close already. When I saw the most recent stats I was kind of a little disheartened," she says.

Simpson has spent a lot of time teaching computer science to young people. She has seen some of the misconceptions young girls have about technology fields.

"I think there's still a stereotype that it's re-

ally hard," she says.

But Simpson never held Simpson back. Based in Regina, she received her bachelor's and master's degrees in computer science from the University of Regina and has worked in the industry 11 years.

She got her first taste of teaching while still a student, thanks to a course that had them lead coding classes.

Continued on Page 6

"There are some nice touches that are whimsical in a way, I think, if you had a bunch of guys here they wouldn't do We have sparkles on our name tags, and balloons in the lobby, and there are vegetarian dishes. — *Kari Halstead*



People work on their computers during Ladies Lovin'z: Code event at Vodafone on May 30, 2008. (c) Photo by Lisa Kucharski

"I was kind of always drawn into the education-type opportunities. I think it was because there weren't a lot of girls like me, and I wanted to spread that word," Simpson says.

She has spent a lot of time doing outreach and in classroom settings, often through teacher friends who wanted to expose their students to computer science. Those sessions involve one sitting, such as building robots with Lego and then programming them to perform tasks.

"It's all about trying to bring the fun element to technology," she says.

Tech education is important even for those who won't end up in the industry, she says. Everyone has to engage with technology in today's world. A doctor or lawyer still needs a website.

"I have women and young girls who will use it, experiment, and even just start taking more technical classes as part of what they're doing in other programs," she says.

Efforts to educate more women and girls in technology have sprung up Canada-wide. One non-profit organization in particular, Ladies Learning Code (LLC), is taking an overarching

approach, co-ordinating efforts of more than 20 chapters across the nation. Currently, Saskatoon has Saskatoon's only chapter. Interestingly one of its leaders is one of Simpson's former "rock stars."

Bethany Metyrak and Matti Bellis learned in university what it was like being women in the male dominated world of computer science. Now they're working to enhance technical skills in other women and bring more diversity to their industry.

As co-founders of the Saskatoon chapter of LLC, they're run workshops on a variety of tech and coding topics. The learning environment they've fostered allows women who might not otherwise dabble in computer code to do so. They were recently recognized for their efforts with a nomination for the YWCA Women of Distinction awards.

"We're very passionate about what we do," Metyrak, who used to work for Simpson at IBM, says.

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I hope women and young girls will see it's important, and even just start taking more technical classes as part of what they're doing in other programs. — Cara Simpson

Melanie and Bella both started at the University of Saskatchewan in other programs and got hooked by an introductory comp sci course. After making the switch, they stood out as women. They say people sometimes offend them despite not looking much like code from hood lars.

"It's such as in your first day and just are tons of men everywhere is not an amazing feeling. You think a little bit about whether this was a good choice," Bella says.

Neither let it get them down. They loved the subject and quickly showed they were very bit as capable as their male classmates.

"I didn't linger on the stereotypes I didn't focus on how many guys and paths there were," Melanie says.

Even five years after joining the workforce, they sometimes catch whiffs of discrimination. Melanie says she has sometimes felt she needs to "go the extra mile" to prove her worth. They've heard insinuations that they got a job because of their gender rather than their skills.

"That can be kind of disheartening because you know you've earned it and people still think that way. We're not for them," Bella says.

Whatever challenges they have faced, both women love their jobs and are passionate about technology. They want to see more women in the industry, something they say will benefit both the women and the industry itself. It's all about breaking barriers, many of which lie within the women who may have never considered technology as a life path.

"It's these people that is a really cool, exciting career you can have, it's kind of our duty to do that," Melanie says.

About 30 students, most of them women, sat in what usually serves as a break room for a Saskatoon tech company. They all have laptops. Their time is split between listening to a lecturer and juggling away, putting what they've learned to use.

Two projection screens show scenes of code and explanations of what it is doing. The topic for this LLC event is Causality Style Sheets (CSS), a coding language used in the formatting of

websites. The lesson is technical. The instructor, Karl Halderson, isn't talking down to students. If anyone is having trouble with a concept, a mentor helps them out one-on-one. There are no more than four learners to a mentor.

"It's a personal, organic way of learning, rather than traditional," Halderson says.

There's nothing markedly feminine about the setup beyond a few aesthetic details that give a fun, relaxing atmosphere.

"There are some rare touches that are whimsical in a way I think, if you had a bunch of guys here they wouldn't do. We have sparkles on our name tags and balloons in the lobby, and there are vegetable dishes," she says.

Having spent two decades in the tech industry, Halderson has seen the competitive lack of female representation. She also understands the value of a diverse workforce.

"Once you have access to the mass spectrum of anything that could benefit from diversity I think it's more bent on you as a person to help bring other people in, in a way that is safe and accessible to them," she says.

As a mentor at previous LLC events, she has seen firsthand moments where a woman realizes there aren't as many barriers as they might have thought.

"I think some women are hesitant to add a little bit of knowledge as an asset skill. This lets them know this is something you can learn and use," Halderson says.

Melanie Cey (the other head instructor at the CSS course) shares a similar sentiment. She says once a woman is exposed to these technical concepts, they are sometimes surprised at how well they do.

"A lot of women are scared. They think it's too complex. It's not complicated. It's just a different type of thing," she says.

Cey has helped out at generous LLC sessions and is also the organizer of Saskatoon's Geek Girl. Tomorrow's networking event for women interested in tech and other policy pursuits. She is drawn by a passion for her work and want to expose others to what she says is an extremely satisfying industry to be a part of.

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Bella and Melanie are the founders of the Saskatoon chapter of Ladies Learning Code. Cey photo by uelentecollege

To walk in on your first day and just see tons of men everywhere is not an amazing feeling. You think a little bit about whether this was a good choice. —Marli Belis

"The amount of times I've said to myself 'I just don't want to go to work today.' I can probably count on one hand. That's in 10 years. If I can do that for one person in my lifetime it's worth it," she says.

Hillary Gough is a first-time learner at the workshop. She does some communications work in her job and thought developing some web skills could be valuable. Although her partner is in the tech industry and could have helped her, she was attracted by the LLC idea.

Everybody has just been really welcoming, and people have been great about communicating what you need to know right now and what the next step is," Gough says.

Bellis and Melnyk aren't teaching the course but they're learning around making sure everything is running smoothly. With eight of the events under their belts, the whole thing is a lot easier and less stressful.

"This definitely less apprehensive. I was really nervous the first time. Now I know that people will come and teach will show up," Bellis said.

PHOTO

The plan to bring LLC to Saskatoon started when Bellis attended a lecture by Heather Pryor, the founder of the organization. Bellis and Melnyk had already done some outreach speaking to kids about computer science and had been thinking about how else they could use their knowledge to help the community. LLC seemed like a perfect fit.

"I came around at a good time," Bellis says.

The national structure of the organization was invaluable. LLC sent two experts to the first Saskatoon workshop in January 2011 with gender-focused lessons plans.

"Writing all the content would have been the biggest challenge if we were doing this on our own," Bellis says.

That first workshop was such a success that the org hasn't looked back. On top of the LLC events they have run Girls Learning Code workshops for eight to 15-year-olds, which are free thanks to sponsor support. The gender-neut of technology makes today's young people ideal pupils, so



Cara Simpson does a lot of recruiting for the org as a manager at IBM Canada in Regina and says she is motivated by the number of students she gets from qualified female applicants. QC PHOTO BY DAN HARR

coming to Melnyk.

"Kids pick up technology so much easier and faster than an adult would. I've noticed that with every single outreach program I've ever put on," she says.

Parents got involved in the sessions as well, either helping their kids work or building their own projects on the side. They are often as excited

as their kids, Melnyk says. They've had families travel up from Regina for the sessions.

Bellis says she saw herself as the childlike, and knows what that opportunity would have meant to her at that age.

"I know I would have loved it," she says.

The next full LLC workshop is

scheduled for Sept. 26, which is National Learn to Code Day. More than 30 LLC chapters across Canada will host simultaneous workshops to commemorate the day.

Saskatoon is currently the only chapter operating in the province but that could change soon. Simpson is considering taking over the Regina chapter, which has operated in the

past but is currently dormant. It fits perfectly with Simpson's history of outreach and her desire to foster diversity.

"This organization seems really fun to me. We can leverage that, and in Regina and Saskatoon we can do stuff together," Simpson says.

saskatoonllc.com
belis.com/entrepreneur

IN THE CITY

■ JUNE 20, 2015 — 12:10 P.M.

Parade pride



Jade Pech carries a dog during the Queen City Pride parade in Regina on Saturday. GC PHOTOBY MICHAEL HILL

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

CATHERINE VERRALL

Every Bite Affects the World

It begins with a World Food Day church service entitled "Nourishing the Planet, Sustained" by a workshop considering "where does my food come from?" When people asked, "So what about us too?" I blithely said, "Let's make cookbooks!" So began the three-year adventure.

My first travels across the continents by chartered and budget airlines, following strict guidelines. We focused on locally and organically grown foods, avoiding genetically modified crops and meat processed foods.

The recipes often use uncommon but tasty high-carb staples: local ingredients, dark chocolate, hulled hemp seeds, lentils, grandfathered meat. The recipes often revolved (and connect) foods gifted from indigenous farmers of the Americas. The recipes sometimes reflect the old



Catherine Verrall

times from which many of us came to make our home here.

Doing connections became the theme. I discovered a wealth of information on how what we eat affects not only our own health but also the health of the soil and water and climate and Earth's creatures (like bees) which support our lives. What we choose to eat affects the well-being of ourselves and ourselves both here and far away. As we eat, we connect these connections.

Are you intrigued about the meaning of food sovereignty? Or about the varieties of plants and their impacts? Do you want to know which foods in

Canada are genetically modified? Or how does what we eat affect climate change? Would you like to learn how to cook pulses (lentils, beans, chickpeas, lentils) or how to grow sprouts? Read my book.

The book also includes inspiring tidbits: a chapter for kids eating, personal stories of new connections with food and a detailed list of resources on the culture and politics of food. As well, it explains how to eat well on a very limited budget. Here to get more with less.

Read my book for joyful, mindful eating. Read my book for exploring awareness. Read my book for hope that we can make the world a better place for all living beings.

We are honoured that Brenneke

Senior Mafu Wade has written a foreword and artist Silvia Palomero has provided delightful drawings.

Every Bite Affects the World (from cover to cover) published by Fraser Press, is available in stores for \$26 in paperback at McNally Robinson, Bookarama and Chapters in Regina at Joe's Healthy Foods, Pique House, Mafu's and Mark's Market, Galt's Organic Market and Chapters also at Broadway Bookstore in Saskatoon. Also available through Fraser Press's book store, chapters on our website, on Amazon and on our website. All proceeds from the book sales are going to help groups grow, understand and prepare healthy food.



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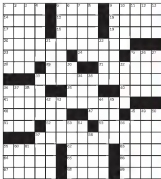
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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

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PUZZLE BY JACOB STUBBERG

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JANUARY
CLASSIC
SUDOKU

Lewin Brown

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 37.

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ESCAPE TO MINOT

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Summer is here and Minot invites all its friends to the north to escape to the Magic City for summer festivities. You'll find Minot as perfect the "Magical City" for good reason. There are, of course, the many "magical" activities, events and attractions that the city has to offer. With historical and cultural sites—landmarks—Minot is sure to exceed your expectations.

Check out all the great personal activities—from the Arts in the Parks to the Saskatchewan of the North Dakota State Fair, there's something for everyone to enjoy.

The Minot area also abounds with unique shopping opportunities. There's something for everyone from large retail stores to unique specialty shops. After spending some time at the Dakota Square Mall, with its more than 100 stores, you can head down to Main St. and Minot's historic downtown shopping district. There you will find a wide selection of shopping opportunities, including galleries, cooking shops, jewelry stores, specialty clothing

shops and much more.

Shopping in your city can be fun, and there is a wide selection of retailers—more than 70 in fact!—so there is bound to be one that gives you a chance to relax and make your little finds. Still, shopping? Pick up your heels at one of Minot's favorite hot spots or take in one of the great events happening in and around town.

To ensure there are no hassles at the border before leaving for Minot, here are a few tips:

- Remember to bring proper identification. Canadian citizens must possess one of the following valid Western Hemisphere Travel Initiative compliant documents when entering the U.S. by land or water:
 - a passport, which must be valid until the date of expected return home
 - a NEXUS card
 - a Free and Secure Trade (FAST) card
 - an enhanced driver's license (EDL) or enhanced identification card (EIC) from a province or territory where a U.S. approved

EDL/EIC program has been implemented, or

- a Secure Certificate of Indian Status
- Visit a Canada Customs office to identify any valuables you may want to take to Minot from home. Items like cameras, jewelry and tablets can be bonded and insured, so there will be no problems coming back across the border.
- Check with Canada Customs if you plan to change or improve any part of your vehicle. If your vehicle breaks down while in Minot, the repairs must be declared to customs and you may not have to pay the duties. But if you improve your vehicle (for after events, increase its value), Canada Customs (as well) no longer considers the vehicle Canadian.

For further information or to request a visa, visit a visa's packet including, coupons, lists of restaurants, things to see and do, and where to stay, contact the Minot Convention and Visitors Bureau at 1-800-264-9525 or visit the website at www.visitminot.org.
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Minot Pride!

Check out all the great events that are being held to celebrate Minot Pride! Everyone is welcome! Visit <http://www.minotpride.com> for more information.

July 9 Pride Minot Opening Ceremony

The Ward Plaza, 6 p.m.
A night of fellowship and a chance to join your official Pride Minot 2015 letter. The evening will end with a champagne toast to thank donors and to kick off the Pride Minot 2015 Celebration.

July 16 Magpie City Pride Art Hop

62 Gates, Art Spots, Hamill Gallery, Minot at the Turtle Table
The first annual Pride Minot Art Hop takes participants to many great downtown galleries. Pick up your passport of map of the Art Hop locations! Each gallery will display the passport, and a completed passport can be entered into a drawing at the Minot Goes Day Show later that evening.

July 18 and 19 Minot Goes Day for Charity

The Grand International Hotel, 12:30 p.m. on July 18 and 9 a.m. on July 19
The Minot Goes Day Show will be the first

ever performance of the Minot Goes Day for Charity group. All proceeds to Pride Minot this year. Visit <http://www.minotpride.com> for more details.

July 11 Rainbow Run/Walk 5K

Oak Park, 9 a.m.
This is the inaugural Pride Minot Rainbow Run/Walk 5K. Enjoy fun and dynamic run as a beautiful setting. Registration includes a Pride Minot bag, water bottle and other goodies. The event is in conjunction with the 2015 Pride Festival. Some day registration at the Grand Stand will start at 8 a.m. and the run will begin at 9 a.m.

July 11 Pride in the Park

Oak Park, 10 a.m.
Immediately following the Rainbow Run to Pride in the Park. Everyone is welcome. It's expected a good day of fun in Oak Park. There is fun activities for kids, items for sale, great give-aways and special performances throughout the day. Attendance is free.

July 11 Pride Minot! Superheroes Costume Dance Park

Panorama House, 8 p.m.
Anyone from ages 15 to 20 is welcome. Tickets are \$5 and

may be purchased at the door or during Pride in the Park.

July 12 Rocky Horror Picture Show

Mount Pinet Theatre
Come see the Magic City Melits theatre and performance. There will be a guide to help participating in and enjoying the film. Tickets are \$15 and include a bag of all weekend props used during the movie. Tickets can be purchased through professional.org.

July 12 Pride Minot Church Service

North Dakota State Fair Expo
Visit www.minotpride.com for more information.

July 12 Pride Minot Brunch

Breakfasty Bacon and Bagel, 11 a.m.
Join Pride Minot at Breakfasty Bacon and Bagel for a light brunch and some catching up of the events over the weekend.

July 12 Pride Minot Zoo Close-up

Howell Park Zoo
As part of Pride Minot's commitment of giving back to the community they will be volunteering at the Howell Park Zoo for a cleanup. Everyone welcome. Cleaning supplies will be provided.

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The Art's the thing

Summer in the Magic City features a wide range of opportunities to see, hear and watch numerous artistic endeavors.

The live Arts in the Parks concerts are held every Thursday at 7 p.m. and Sundays at 4 p.m. in Oak Park. The season will wrap up on Aug. 7 with the popular Art Hop, which will change venue to the Grandview Heritage Park at 1020 South Broadway. The wrap-up event will feature the Tridanslers, Dakota Crossers Choir, etc. Cars, and beer (only by State of Norway) and goodies, baklava and more by Art Peders. For complete concert information, call (701) 652-2707 or visit www.minotarts.org.

The sounds of jazz will fill the air during the Integrity Jazz Festival. World-class entertainment for all ages. Tickets are \$15 to admission and \$20 at the gate. There will be a jam session following the festival at the Vagabond Inn with festival weekend.

If it's play's now, your thing, the Minot State University Summer Theatre presents three productions this summer: Greater Ties are coming up in June. Room. The inhabitants — men, women, children and misfits — are all played by two actors. In The Little Shop of Horrors, Patti Scabert, Lynne Koberer stunkies across a new breed of plant with a soulful R&B voice, a patty no animal can understand (them) for human blood. The Muses Men follow, tell, talking, twirling, dancing, I should tell you, for some people of Silver City, Iowa. This Very Award winning show is a family-friendly story to be shared with everyone.

Reservations are suggested. Please call (701) 659-3278.

For this and to be involved, there are numerous opportunities to do so at the Minot Public Library Gallery, the Theater Museum at Art, the 62 Gates Gallery and the Magpie Art Glass Studio.

ESCAPE TO MINOT

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Upcoming Events

JUNE 26 - MINOT COUNTRY CLUB GRAND OPENING CELEBRATION

Minot Country Club, 1812 Valley Blvd. Dr. 4-6 p.m.
Public events include ribbon cutting and remarks by the course architect and club president. Membership applications will be accepted.

JUNE 26 - ARTS IN THE PARKS SUMMER CONCERT SERIES Oak Park, 7 p.m., free

Performed by The Five of Us and about 4000 young musicians. Presented by the Minot Area Council of the Arts. Free admission. For more information call 701-652-9767 or visit www.minotarts.org

JUNE 26 TO 29 - MSU SUMMER THEATRE, Minot State University amphitheatre, 8:30 p.m.

MSU presents Goliath Tullis, a comedy

about a small town in Texas named Tullis. Tullis is a small town. The residents — men, women, children and animals — are all played by local actors who must change parts at breakers, spend considerable money on work. MSU Summer Theatre will be bringing back the original cast members, John Weinger and Jeff Kist, to reprise their roles. Reservations are suggested; please call 701-652-3025.

JUNE 27 AND 28 - MAGIC CITY MOTORCYCLE RACE: Fairview, 10 a.m. to 7 p.m.

Come out and watch nature of all ages and levels compete for points, trophies and money. AFD Motorcycle Association welcomes you! Sport Specialists of Minot will be offering live bike on Saturday and Sunday from 10 a.m. to 6 p.m. Admission is \$20/person.

JUNE 27 - BARNES & NOBLE STORY-TIME, Dakota Square Mall, 10 a.m.

Come and hear the Book story followed by activities.

JUNE 27 - INTEGRITY JAZZ FESTIVAL, Magic City Games High School Practice Field and downtown Minot, 1 p.m.

World-class entertainment for all ages. Tickets are \$15 in advance and \$20 at the gate available online at the Minot Area Council of the Arts office, 3 Main Street South Ste. D and at Main Street Books.

Join us for the 10th anniversary festival of the Vagabond Big Band at 10:15 p.m. Free with festival wristband.

JUNE 28 - ARTS IN THE PARKS SUMMER CONCERT SERIES Oak Park, 4 and 7 p.m.

Presented by the Minot Area Council of the Arts. Concert by the Minot City Band and artist David Meyer. Free admission. For more information call 701-652-0767 or visit www.minotarts.org

JUNE 28 - BLACKHAWK MINOT Audiobook, 7 p.m.

Big Sky High Country Series presents Black Hawk and is narrated by the Minot Audiobook with support by sponsors by North Dakota and the Wyoming Public Library. Tickets are \$15 in advance and \$20 at the door. For more information visit blackhawk.com or audiobook.com

JUNE 28 - MINOT PFG GOLF CLASSIC

Southern Valley Golf Course, 10:30 a.m. Tickets are available through the fan and help Minot PFG raise funds to support local youth activities available to the Minot area. For more information, contact Minot Youth For Christ at 701-639-4880.

JUNE 29 - WALK MINOT ON THE RIVER, WALK, River Walk, 9:30 a.m.

Walk the beautiful river at the River with us. Phil, our town's own River Explorer, the Minot Explorer, will be on hand to answer your questions. Wear sunscreen and bring a water bottle if weather is warm. Visit the Minot Facebook page for more information.

JULY 2 AND EVERY THURSDAY - BARNES & NOBLE THROBBACK THURSDAYS, Dakota Square Mall, 6 p.m.

Every Thursday there is a no-nonsense, very insightful pop culture from the 1960s through the 1990s. Come explore the dynamic influences that books, logic, press, music, movies, TV and fashion that SHAPED THE DECADE.

JULY 2 - ARTS IN THE PARKS SUMMER CONCERT SERIES Oak Park, 7 p.m.

Performed by the Five of Us and another artist at July 10th. Free admission. For more information call 701-652-9767 or visit www.minotarts.org

JULY 3 - BARNES & NOBLE DOCTOR WHO: DAKOTA SQUARE MALL, 7 p.m.

Fans of the popular 1960s show Doctor Who are invited to enjoy this gateway to a special offer and more. Come discuss all your favorite characters and join in the fun.

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JULY 4 - ROOSEVELT PARK ZOO RAN & WALK, Roosevelt Park Zoo, 7 a.m.

The Zoo Run includes 4-4 mile run, 4-kilometer jog, 1/2 mile and 2-mile walk. Visit the Roosevelt Park Zoo website at www.rpsa.org for details and registration.

JULY 4

BARNES & NOBLE: MAGIC TREE HOUSE: DISCOVERING BEFORE DARK, Dakota Square Mall, 9 a.m.

Travelled millions of years with the Magic Tree House and Discover Before Dark. Young paleontologists are invited to explore the age of dinosaurs with fun activities, games and a special offer.

JULY 8 - BARNES & NOBLE: OUTLANDER, Dakota Square Mall, 9 p.m.

Fans of Outlander are invited to transport themselves into a world of bestselling author Jane Cameron Brown's adventures and more. Costumes welcome!

JULY 8 - ARTS IN THE PARKS SUMMER CONCERT SERIES, Oak Park, 4 and 7 p.m.

Presented by the Minot Area Council of the Arts. Concert by Dean & The Shells. Explore the featured artist Minot. Don't miss this performance. For more information visit www.mncsa.org or call 701-852-2757.

JULY 10 - MISS SUMMER THEATRE: LITTLE SHOP OF HORRORS, Minot State University Amphitheatre, 8:00 p.m.

Floral restaurant Sycamore is overgrown with a deadly plant. A man named Audrey I. after his co-worker, is killed. Little does he know that the strange and unusual plant will develop a deadly and fatal virus. A deadly and an unspeakable threat for human kind. The plant promises to thrive. Love and Nature to be loved. As long as he keeps looking at it back.

JULY 11 - TRISTLE VALLER HANGOVER: COMEDY ACTION SHOOTING, 8:00 a.m. to 11:00 a.m. Club 11 a.m. Comedy night

registered. www.tristlevallerhangover.com events.html

JULY 12 - ARTS IN THE PARKS SUMMER

CONCERT SERIES, Oak Park, 4 and 7 p.m.

Presented by the Minot Area Council of the Arts. Concert by J&B. Featured artist First Nations. For more information visit www.mncsa.org or call 701-852-2757.

JULY 12 - BARNES & NOBLE: TO KILL A MOCKINGBIRD, Dakota Square Mall, 9 a.m.

Our store will host a To Kill a Mockingbird Read-A-Thon from 8:00 a.m. to 9:00 p.m. to prepare for the release of Go Set a Watchman on 7/14. Special guest readers throughout the day including authors and local celebrities.

JULY 14 - WALK MINOT Roosevelt Park Zoo, 8 p.m.

Visit the Roosevelt Park Zoo as we give away for the evening. Please be on time for the opening and closing of the Zoo. We'll be there to see you and we'll be there to see you. Meet all the new zoo animals.

JULY 16 - CELEBRATING INDEPENDENCE DAY, Sun-drenched Heritage Park, 8 p.m.

Over 20 years of the signing of the American Declaration of Independence. It is also the 20th year of Independence. The celebration will be held at Heritage Park. For more information visit www.mncsa.org or call 701-852-2757.

ARTS IN THE PARKS SUMMER CONCERT SERIES, Oak Park, 7 p.m.

Concert by the City Clerk and performer by Lisa Olson. Presented by the Minot Area Council of the Arts. Free admission. For more information visit www.mncsa.org or call 701-852-2757.

JULY 18

SCOTTIE ZACK ACTRESS: PINKIE SMITH, Dakota Square Mall, 7 p.m.

Join Scottie Zack actress in the evening. Scottie Zack actress in the evening. Scottie Zack actress in the evening. Scottie Zack actress in the evening.

JULY 17 TO 21 - NORTH DAKOTA STATE FAIR, See story on page 14.

JULY 1 - RAN THE ROUTE, State Fair, 8:00 a.m.

The annual Run the Route 800 mile. Run the Route 800 mile. Run the Route 800 mile. Run the Route 800 mile. Run the Route 800 mile. Run the Route 800 mile. Run the Route 800 mile. Run the Route 800 mile.

JULY 18 - ARTS IN THE PARKS SUMMER CONCERT SERIES

Performing Minot, Dakota Square Mall and Minot. Presented by the Minot Area Council of the Arts. Free admission. For more information visit www.mncsa.org or call 701-852-2757.

JULY 21 TO 25 - MISS SUMMER THEATRE: THE BRUNNEN, 8:00 p.m.

The Minot Area Council of the Arts. Free admission. For more information visit www.mncsa.org or call 701-852-2757.

Continued on Page 20

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great style, delicious
food and awesome
entertainment! Wish
you were here!*

— Me

**DESTINATION
DOWNTOWN
MINOT**

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Upcoming Events

Continued from Page 19

JULY 23 - ARTS IN THE PARKS SUMMER CONCERT SERIES - Oak Park, 7 p.m.

Muscity/Hotdate/Good Time Music/Show as well as artist Kithleen Cunningham. Presented by the Minot Arts Council of the Arts. Free admission. For more information call 701-658-0767 or visit www.mnarts.org.

JULY 26 - ARTS IN THE PARKS SUMMER CONCERT SERIES, Oak Park, 4 and 7 p.m.

Concert by Dakota Rose. Presented by the Minot Arts Council of the Arts. Free admission. For more information call 701-658-0767 or visit www.mnarts.org.

JULY 30 - BEER & BREW AT THE ZOO summer Park Zoo, 8 p.m.

Enjoy refreshing beer and sampling de

corate at the first ever Beer & Brew at the Zoo event. Beer and food will be for sale. Refreshments will be available. Must be legal drinking age. Tickets \$50.

JULY 30 - ARTS IN THE PARKS SUMMER CONCERT SERIES - Oak Park, 7 p.m.

Featuring band: Christopher Borgegott. Presented by the Minot Arts Council of the Arts. Free admission. For more information call 701-658-0767 or visit www.mnarts.org.

AUGUST 2 - ARTS IN THE PARKS SUMMER CONCERT SERIES, Oak Park, 4 and 7 p.m.

Featuring a Pangea Hoan Variety Show and artist: Marla Ziemsky and Pat Liguori. Presented by the Minot Arts Council of the Arts. Free admission. For more information call 701-658-0767 or visit www.mnarts.org.

AUGUST 3 - THIRD ANNUAL MEN'S

GOLF FOR LIFE TOURNAMENT

The \$155 entry fee includes 18 holes of golf with a cart, green bag and a caddy driver. Tournament proceeds to the Cancer Care Center. For more information contact Joel Smith at 701-657-5430.

AUGUST 4 - MPL ROOSEVELT PARK 200 FIELD TNR, Roosevelt Park Zoo, 1 p.m.

The Minot Public Library has a book to go reading club in action. Books welcome. The book is up with 10 pages on a text reading club. RSVP to plan a plan. www.mnarts.org.

AUGUST 6 - ARTS IN THE PARK SUMMER CONCERT SERIES Oak Park, 4 p.m.

Wrap up the season with everyone's favorite theme event. All the Hop featuring 30s and 40s music while Tiedman's Classic cars from the Dakota Queens Car Club. St. Peter's Church will serve gyros and beverages. Presented by the Minot Arts

Council of the Arts. Free admission. For more information call 701-658-0767 or visit www.mnarts.org.

AUGUST 7 PONG - WHY NOT FESTIVAL

Pong House and other local organizations host live music, independent film screening and visit to the local food and information table. Admission of \$22 covers all festival costs. For more information see airport page 1000.

AUGUST 8 - GIVE 3RD COLOR DASH RE. Roosevelt Park, 8 a.m.

A colorful morning of fun and family friendly fun. 5K where you must through a hurricane of color wash. Proceeds to the Magic City Discovery Center. Don't drink music. including 50% of each registration.

AUGUST 8 - TREMBLE VALLEY RANGERS GUNN SHOOT, Minot High A

PANGA Club, 11 a.m. (Dowling still required. www.tremblevalley.org for events list).

AUGUST 15 - WALK MINOT Oak Park, 6:30 a.m.

The last summer Walk Minot is sponsored by Minot Area Town Wellness. Meet in the Farmers Market parking lot. No admission. Family friendly.

AUGUST 16 - ROCK THE LEAVES AND PANGA CLUB, 8 a.m.

A benefit concert to support a local charity. Tickets \$10.

AUGUST 16 - TRIPS PLUS HIGHER TRUCK DISPLAY, MAPS THIS PLUS, 3 p.m.

While every effort is made to ensure that the information in this listing is correct, details may be subject to change. Please confirm dates, times and addresses before a listing.



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With summer here, there's only one reason to look ahead to fall - Norsk Høstfest - and with this year's musical line-up now announced, it's time to plan ahead.

Norsk Høstfest, North America's largest Scandinavian festival, is held in Minot each fall to celebrate the culture and heritage of the five Nordic countries in Denmark, Finland, Iceland, Norway and Sweden.

Tens of thousands of people from around the world come to the Magic City to enjoy world-class entertainment, authentic Scandinavian cuisine, displays of Scandinavian culture, handcrafted Norsk merchandise and a line of local establishments featuring guest chefs.

The festival is held on the North Dakota State Fairgrounds with all major events taking place in the Great Hall of the Village.



Tickets go on sale all year, but, May 18 General admission to the festival is \$20 for adults, \$10 for ages 13-17 and free for children ages 12 and younger.

This year is the 50th Day Plus which includes admission to both Great Hall shows for the day upgrade to VIP Day Plus for \$159. Regular tickets for Day Plus of the Village concerts are \$50 for reserved seating and \$82 for VIP seating, which is closer to the stage. All Great Hall tickets include two general admission to the festival for daily access during the day of the concert.

To order, visit NorskHfest.com/tickets or call the box office at 701-852-2808. More information is also available at festival.com.

Musical events initial line-up

(VIP music tents take place in the Great Hall of the Village)

Sept. 29, 7 p.m.

Abolacion and the Minot
Symphony Orchestra

Sept. 30, 7:30 p.m.

Jon Foreman

Oct. 1, 7:30 p.m.

Codie Thunder

Oct. 2, 7:30 p.m.

Martina McBride

Sept. 30, 1 p.m.

The Swin Brothers

Oct. 1, 1 p.m.

Marty Stuart with special
guest Corinne Smith

Oct. 2, 1 p.m.

Reverend Moberg - The
Farwell Tour

Oct. 3, 1 p.m.

The Beach Boys

Oct. 3, 7:30 p.m.

The Band Perry

Photos courtesy of Norsk Høstfest



JULY 17-25, 2015

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Tee up a great golf experience

by Tony Flegler

For a L.P. Special Projects

North Dakota is, once again, a golfers paradise. After being dwarfed by the Souris River flood in 2007, many of North Dakota's courses have been rejuvenated and now provide a wonderful round of golf that challenges golfers of all skill levels.

With more golf courses per capita than any other state in the United States, North Dakota has many diverse and spectacular golf courses. What if you were far from golfers or that it's easy to get in and play these nationally acclaimed courses?

When you come to North Dakota to golf, you have the opportunity to play many fantastic golf courses at a very reasonable price," said Wade Hagler, director of public and woods of Visit Minot.

North Dakota's rich golf history features the Vardar Golf Club, which has been hosting golfers since 1929. Originally designed by Tom Vardar, brother of six-time British Open Champion Harry Vardar, this classic course has quiet greens that require accurate approach shots.

The Vardar Golf Club was completely rebuilt, re-designed and reopened in August 2010 after being made by the epic Souris River flood in 2007, said Hagler.

The Links of North Dakota, located in Hegri, is an other must-play course. With its breathtaking setting, this immediately renowned course provides an ideal and unforgettable golf experience. As one of the parlor examples of links-style golf, this course was designed for golfers who truly appreciate the origins of the game.

Nestled by the beautiful Lake Sakawaka, the Links of North Dakota is not just for the highly skilled player or with two sets of tees. It can accommodate golfers of all ability levels.

"The Links was ranked number 1 in North Dakota by Golf Week and number 37 in Golf Week's 100 Best Modern Courses," said Hagler.

The Bully Pulpit Golf Club, with a new dimension to North Dakota's historic city of Minot. Named for the trip of Theodore Roosevelt, the Bully Pulpit Golf

Club is an 18-hole championship course.

"Not only is this challenging golf course fun to play, you will also be entertained by the spectacular scenery surrounding the course," said Hagler.

For those who love to play a variety of high level golf courses, the Triple Golf Challenge is the perfect choice for players of all ages. Golfers can play three amazing golf courses: the Vardar Golf Club, Links of North Dakota and the Bully Pulpit Golf Club, at a very special rate. For just \$165 plus tax, golfers get a special punch card and experience the best golfing in North Dakota.

For the golfing enthusiast, there are also many other great courses in North Dakota.

- The Hole-in-One Golf Club is the only public golf course in the United States to have nine holes in one stroke and nine holes in another. The front nine is in Watagan, N.D. while the back nine is in Brookridge, Minn.

- In the Fargo West Fargo area, the Edgewood Golf Course was established in the mid 1920s. Golfers can enjoy this popular traditional golf course that has several 18-hole front tees.

- Kings Walk is an 18-hole Arnold Palmer Signature Championship Golf Course designed and developed by the Palmer Course Design Company. Opened in 2002, this is one of the state's premiere golf courses.

- Gateway Cities Golf Club in Portland is located just on the border between Canada and the United States and is in two different time zones. With wide open fairways and huge greens, the big attractions for this course is that golf holes are in Canada and one is in North Dakota.

- With the Souris River winding through the course, Minot's Sacre Valley offers golfers 18 beautiful and challenging holes.

North Dakota has many gorgeous and challenging courses that have been specifically designed for every skill level, leading to the special in the golf world in the ultimate golfing experience.

For more information on golfing courses and the other vacation opportunities North Dakota has to offer, call Visit Minot at 800-254-2028 or visit visitminot.org.

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Let's go to the zoo!

There's lots to see and do at the Roosevelt Park Zoo.

From years after a devastating flood destroyed much of Minot, including the zoo, the popular attraction is back up to its full complement of animals, with some exciting new additions.

These new adds and adds to finish up last year's Minot Zoo expansion project have been completed. "There will be a little construction going on, but it will be good construction," said Kenney.

That includes an exhibit for the zoo's newest residents, a pair of red pandas. Brothers Fred and George will live in the existing, newly wired-in outdoor exhibit, completed. And, the historic zoological structure is being converted into a new wing and will be open this summer. "It's beautiful," said Kenney.

Unfortunately, some of the zoo's favorite exhibits, the Minot penguins, will have to stay inside, at least for a while. A recent outbreak of avian flu virus meant the penguins simply can't be released. "An

outbreak on zoo grounds could threaten our birds' lives, as well as result in mandatory closing of the zoo to the public," she said.

While the penguins take some time off until it's safe, the rest of the zoo residents are ready and waiting to charm visitors.

As well as taking in the sights and sounds, there are many things to do at the zoo. In addition to keeper talks and special animal presentations, there are also opportunities to watch some of the animals interact with their keepers while they are fed. Feeding times vary, so visit the Minot Zoo's website for the schedule. There are also a number of special zoo events listed in the calendar of events on this publication.

Visitors can even take advantage of a unique opportunity to head Red the giraffe. The Giraffe Feeding Station is open every day. Check the website for times. There is a \$5 charge, and just like most times at home, animals must be checked before and after the feeding.



Minot Parks: THINK SUMMER!

The summer sunshine is here and the Minot Park District is excited for the season ahead. The Roosevelt Park Zoo is open and ready for you. We are thrilled for visitors to see all the improvements that will be coming to the Zoo in 2015. Construction has started on the Red Panda Exhibit.

The Seams Valley Golf Course has 18 holes open for golfers of all ages and levels to enjoy. To

reserve a tee time contact us at 701-857-4189. The kids can also enjoy a round at Jack Heever Wee Links, a real nine hole golf course designed specifically for kids.

The Roosevelt Park Pool along with the Oak Park Splash Pad are open for the season.

For more information on our parks and trails please visit our website at www.minotparks.com or contact our office at 701-857-4138. Make sure to tag your park photos at #MinotParks

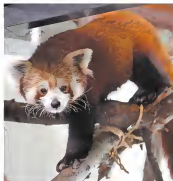


Photo courtesy of the Roosevelt Park Zoo



www.minotparks.com



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HEALTH

DIETS

Fasting may slow down aging

By Sarah Knapton

A five-day diet that mimics fasting could slow down aging, add years to life, boost the immune system and cut the risk of heart disease and cancer, scientists believe. The plan, which restricts calories to between one-third and a half of normal intake, has been developed by scientists at the University of Southern California.

Last year the same team discovered that fasting can regenerate the immune system and they have now found that a calorie-restricted diet mimicking vegetable soups and cucumber tea has the same effect. People only need to follow the diet for two days a month and can eat what they like for the rest of the time.

Strict fasting is hard for people to stick to, and it can also be dangerous, so we developed a milder diet that triggers the same effects in the body," said Valter Longo, director of the USC Longevity Institute.

When people fasted on the regimen for three months they had reduced symptoms linked to aging, diabetes, cancer and heart disease as well as cutting down body fat.

Despite its positive effects, Longo cautions against attempting the fasting mimicking diet without first consulting a doctor.

The study was published in the journal Cell Metabolism and funded by the National Institute on Aging.

Canadian Body Group



A strictly five-day diet based on the fundamentals of fasting can reduce biomarkers linked to aging, diabetes, cancer and heart disease. It can also cut down body fat. GETTY IMAGES PHOTO BY GARY GELSON



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EVENTS

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MUSIC

Wednesday, June 24

Wednesday Night Folk:
Katie Miller Trio
Eisendricker, 2256 Dowdney
Ave.

The Alky Devoys
Leopold's, 2330 Albert St.

Open Jam
8-12 p.m. Eastview Community Centre, 615 Sixth Ave.

Scott Weiss, Black Breath, Ringworm, Theorists
The Exchange, 2431 Eighth Ave.

Hard Charger, Artful Dodge
Saxonsville, Ballot Turner
The Club at the Exchange
2431 Eighth Ave.

Open Stage/Jam
McNelly's, 2226 Dowdney
Ave.

Trio Barabos
7 p.m. La Fénix, 5475 Thorn-
don St.

Thursday, June 25

Country Gospel Sing & Long
Music led by The Spirit &
Friends
7 p.m. Our Lady of Peace,
423 Broad St. N.

Live music
Pat Gedge's, 1652 Seventh St.

Art of Dying, Maxxona
McNelly's, 2226 Dowdney
Ave.

Karaoke
8 p.m.-2 a.m. The Sip, 305
Albert St.

**Marty Stuart & His Fabu-
lous Superlatives**
Casino Regina Show Lounge
1055 Saskatchewan Dr.

**Dean Kuch, JJ Voss, Alex
Hudson:**
The Artist, 2627 12th Ave.



Marty Stuart and His Fabulous Superlatives return to the Casino Regina Show Lounge on Thursday

Plano Bar
Artful Dodger, 1631 7th Ave.

Friday, June 26

Live music
4-7 p.m. Miners' Lounge,
Hotel Saskatchewan, 2120
Victoria Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living
Spirit Centre, 3018 Dean Dr.
Call Mike, 306-555-3911.

Karaoke
8 p.m.-2 a.m. The Sip, 305
Albert St.

Scott Ostroff
McNelly's, 2226 Dowdney Ave.
Pop Idol
The Pump, 641 Victoria Ave. E.

Underground Sound DJ
Night
Artful Dodger, 1631 7th Ave.

Digital Downroad, Last We

Paul, Steven 333, Regalisk
The Exchange, 2431 Eighth
Ave.

Snake River, Hushpup
Thursday's, 1647 South St.

Saturday, June 27

Open Acoustic Jam
3:30-6 p.m. Broadway's
Lounge, 1367 Broadway Ave.

Big Muddy
Broadway Lounge, 1367
Broadway Ave.

Live music jam
All types of music welcome
Hosted by Emil Kintzho.
4-6 p.m. The Sip, 305 Albert St.

1-800-ROCK, Sofia Mexico
K-30 p.m. Mojo Club, 629 Vic-
toria Ave.

Afterhours/club
McNelly's, 2226 Dowdney Ave.

Karaoke

8 p.m.-2 a.m. The Sip, 305
Albert St.

Sunday, June 28

Open jam
3-6 p.m. Mojo Club, 629 Vic-
toria Ave.

Karaoke
8 p.m.-2 a.m. The Sip, 305
Albert St.

**Tyran, Hall Hounds, Planet
Lester**
The Club at the Exchange
2431 Eighth Ave.

Monday, June 29

Monday Night Jazz & Blues
AZ Paris
Rushwicker, 2256 Dowdney
Ave.

Karaoke
8 p.m.-2 a.m. The Sip, 305
Albert St.

Open role

Artful Dodger, 1631 7th Ave.

**Teeth/Smirks, Bermuda
Love, The Man and His
Machine**
The Club at the Exchange
2431 Eighth Ave.

Tuesday, June 30

Karaoke
McNelly's, 2226 Dowdney Ave.

Karaoke
Artful Dodger, 1631 7th Ave.

**Calling All Captains, Floor
bombs, Kickstart Alliance**
The Club at the Exchange
2431 Eighth Ave.

Surf Dots
O'neiders, 1747 South St.

VISUAL ART

**Pop-Up Downtown Walking
Tour (Half Day)**
This public art installation

series creates a dynamic,
walkable and fun experi-
ence in the heart of our city and
aims to encourage public
engagement through artistic
interventions.
June 24, noon
June 25, noon
Meet on sidewalk at 1843
Hamilton St.

**Annotated Topography of
Place**
Amber Phelan: Sander's
wood-mounted images are
inspired by a 1962 project by
Fluoro artist Daniel Speer.
Until the end of June
Hague Gallery, Creative City
Centre, 1643 Hamilton St.

Into the Forest
Features works by three
Saskatchewan artists who draw
the inspiration from an indi-
vidual connection with nature.
Delicia Woodard-Kark, Wendi
Schell and Hazel Zaharia
Until June 29: Art Gallery of
Regina, 3620 & 16th Avenue S.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Mid is the Word

Featuring works by Heather Clive, Cayli Ann Sivick, David Garscia, Marsha Kennedy, Christine Bernay and Anita Iccamora.
Until July 4, Mista Gallery, 106-3900 Broad St.

Sath Dominion

The albanian, ever-expanding, work-in-progress of the renowned Canadian cartoonist Sath Dominion unveils the confidence of many communities post-Depression and Second World War era, when the North American economy expanded, manufacturing spread, and many cities were characterized by levels of civic engagement rarely seen today.
Until July 5, Duxie Art Gallery - Central branch, 233-12th Ave.

Haustler Remains: Rural Architecture

Until July 11, Skate Time Art Gallery, 2070 Halifax St.

Handmade: An Exhibition of Handmade Homes for Birds, Bees, Butterflies and Bats

An array of handmade birdhouses and homes for bats, bees and butterflies by artists and makers from Saskatchewan and beyond. In advance of New Dance Horizons' Secret Gardens Tour.
Until July 12, DoubleTree by Hilton Hotel Idaho, 973 Grand St.

Little Big Gardens show by Dick Moulin

An exhibition of handmade and fully functional miniature farm equipment and tools. In advance of New Dance Horizons' Secret Gardens Tour.
Until July 12, New Dance Horizons, 2207 Harvey St.

Summer Refractions in Contemporary Canadian Fine Art

The Artists of Scott Nicholson Fine Arts
Until July 31, Regina Centre



Barbara Kahan and mad from her dad's memory during the Vertigo Series on Monday. Gail Kahan is on the right.

Crossing, 1621 Albert St.

A Redline Remains: The Landscape Paintings of Levine Flanagan

The first overview of the extraordinary career of Levine Flanagan (1918-1994), an illustrious painter who sold thousands of variations of essentially the same landscape paintings in national parks, resorts, department stores and bars across Western Canada from the late 1930s through the early 1960s.
Until Aug. 9, MacKenzie Art Gallery, 3475 Albert St.

Dimensions

The Saskatchewan Craft Council's biennial juried exhibit features work in ceramics, textiles, metal, glass and mixed media.
Until Aug. 16, MacKenzie Art

Gallery, 3475 Albert St.

David Threlkover: Wood, Traps and Other Dimensions

This exhibition presents a dynamic installation examining key themes and working processes, developed throughout Threlkover's more than 40 years as a maker and maker.
Until Aug. 31, MacKenzie Art Gallery, 3475 Albert St.

Brown-Colored Glasses

Twice a week, with a dash of satire, this exhibition run by university students includes artworks that forge vibrant pathways into the Imaginary.
Until Sept. 7, MacKenzie Art Gallery, 3475 Albert St.

Neutral Ground

4203-1036 South St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Nouveau Gallery

2446 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Oakland Oil and Pink Arts

Oil and ink paintings by Chinese artists Lingtao Jiang and Hsueh-Ting.
2332 South St. Open Monday to Saturday, 10 a.m.-5 p.m.

#COMEDY

Comedy night

June 23
Artful Dodge, 1631 11th Ave.

The Laugh Shop

Live stand-up every Saturday night, 9:30 p.m.
Mussoda Hotel, 1818 Victoria Ave.

The Talkies

Jaydon Puffer and friends offer commentary on the film

Bigfoot: The Unforgettable Encounter about an 8-year-old boy, an age-old legend, a life-long obsession. Free with Regina Food Bank donation.
June 30, 7 p.m.
HPL Film Theatre, 2311 12th Ave.

#PERFORMANCE

The VoodooVillain Hawk Nation

Masked members, guest stars, sketches and more.
June 26-8 p.m.
Royal Sask Museum auditorium, 2445 Albert St.

Fetish and Fantasy

Burlesque and belly dance show \$25.
June 27, 7:30 p.m.
The Artisan, 2627 13th Ave.

The Canadian Playboys

June 27, 8:30 p.m.

The Pump, 641 Victoria Ave. E.

The Vertigo Series

Featuring readings by Lorna Crozier, Cassidy McFadden and Barbara Kahan. Music by Rio Houshaka.
June 28, 7:30 p.m.
Crows, 7125 Victoria Ave.

Living Poets Society

Spoken word open mic night.
Every Tuesday, 9 p.m.
Huskies Lounge, 253 Broad St.

#DANCING

Salsa dancing

June 24, 6-8 p.m.
Cardinal's Village Freshhouse, 2042 Albert St.

Salsa on the Plaza

Every Thursday, 7-11 p.m.
City Square Plaza, downtown

Swing dance

June 26, 4-8 p.m.
Eastview Community Centre, 612 6th Ave.

Club 60 Dance

Featuring Ken Dunge and the Polka Pals.
June 26, 6 p.m.-midnight.
Regina Senior Citizens Centre, 2304 Winnipeg St.

Old-Time Dance Party

Margaret Schuler & Family.
June 29, 7 p.m.
Cedar Rapids Show Lounge, 1610 Saskatchewan Dr.

#SPORTS

Sageak Yachting in the Park

Wednesday, 6:30-8:30 p.m.
Victoria Park

Regina Red Sox vs. Edmonton

June 25, 7 p.m. Carle Field

Revere Ball Tournament

Hosted by Regina Senior Fitness Association. Call 306-363-1958 to register.
June 26, Keweenaw Park

EVENTS

Regina Red Sox vs. Edmonton
June 26, 7 p.m. Currie Field

Prinzie Gold Senior Lacrosse playoffs
June 27
Time and location TBD.

Rugby
Condors vs. Wild Oats
June 27, 3 p.m.
Regina Rugby Club Field area,
4555 23rd Ave.

Saskatchewan Roughriders vs. Winnipeg
June 27, 8 p.m.
Mosaic Stadium

Regina Red Sox vs. Swift Current
June 26, 2 p.m. Currie Field

FOR FAMILIES

Stars and Stripes
Wednesday, 1 p.m.
Chinplex Odeon Southland
Mall, 3025 Gordon Rd.

Drop-in crafts and gym
Free event for youth aged 5-18. Thursday, 4-6 p.m.
Eastview Community Centre,
815 9th Ave.

Build and Grow Online
Build a special feature project.
For children age 5 and up.
Saturday, 10 a.m.

Lower, 4555 Gordon Rd.

Michael's Kids Club
Saturday, 10 a.m.-noon
2055 Prince of Wales Dr.

Family Favorites Films
Enjoy a favourite film for just \$2.50.
Saturday, 3 a.m.-Galexy Cinema
area, 430 McCauley Blvd. N.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre,
2903 Powerhouse Dr.

Family Studio Sundays



The annual Peony Show takes place Friday and Saturday.

Sunday, 2-4 p.m.
June 28, 9:30-10:30 a.m.
Albert St.

Family Fun Night
June 27, 6-9 p.m.
Eastview Community Centre,
615 6th Ave.

Science Time for Tot's
Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre,
2903 Powerhouse Dr.

Squad car tour with Regina Police Service

Age 3-12.
June 28, 9:30-10:30 a.m.
Victoria Park

Exploration Day in the Park for Kids
For children aged 3-12. Pre-registration required, call
Arlene at 369-309-7547.
Tuesday, 9:30-10:30 a.m.
Victoria Park

Drop-in crafts and gym
Free event for youth aged 5-18. Tuesday, 4-6 p.m.
Eastview Community Centre,
615 6th Ave.

MUSEUMS

Alan Young School Museum
1800 Fourth Ave.
Tours by appointment (366-523-3000).

Government House Museum and Heritage Property
4607 Dewdney Ave.
Open daily 9 a.m.-5 p.m.

RCMP Heritage Centre
5507 Dewdney Ave.
Open 10 a.m.-6 p.m. daily.

Chin Museum of Regina
1075 Broad St.

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Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m.
Closed Sunday and Monday

Regina Firefighters Museum
1215 Ross Ave.
Tours by appointment (366-777-7143).

Regina Floral Conservatory
1435B 4th Ave.
Open daily, 1-4:30 p.m.

Regal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum
1602 Elphinstone St.
Open Monday and Thursday,
7-9 p.m., or by appointment
(366-343-9469).

Saskatchewan Science Centre
2903 Powerhouse Dr.
Sunday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and
holidays, noon-6 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame
2005 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.
Closed weekends.

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue
and Scotch Street.

RCMP Sergeant Major's Parade
Wednesday, 12:45 p.m.
RCMP Depot Division, 5600 15th Ave.

All Nations Hallelu Thru Arts

Learn to play music, dance
and perform in free arts-based
workshops, cultural

activities and employment
workshops. For people ages
13 to 22 on a budget.
Wednesday, Monday and
Tuesday, 5-7 p.m. (Dinner
4-5 p.m.)
YMCA, 1940 Montrose St.

Creative, Connect, Inspire
An evening of empowerment
for women. Wine and cheese
social and presentation by
Joan Kieck. \$10.
June 24, 7 p.m.
Creative City Centre, 1843
Hewitt St.

Dear Me
A musical featuring Jon
Ryen and music by The Trows
and Gord Bernfield. Tickets
\$100 and up.
June 24, 7 p.m.
Seward Clinic, 1831 College
Ave.

Yoga Party
Thursday, 8-9 p.m.
Victoria Park

Stand Up for Progress
Harry Leslie Smith, 90-year-old
author and activist, will
discuss what's at stake on
the eve of the federal election.
Also, panel discussion
with local activists: Sharon
Auld-McCowan, Emily Kahan,
Patricia Kahan and Ryan
Mell.
June 25, 7:30-9 p.m.
University of Regina
Innovation Auditorium.

2015 Peony Show
June 26, 10:30-6 p.m.
June 27, 10 a.m.-3:30 p.m.
Cathedral Northbrookhead
Centre, 2510 12th Ave.

Tai Chi in the Park
Saturday, 10-11 a.m.
Victoria Park

Chess in the Park
Saturday, 10:30 a.m.-12:30 p.m.
Victoria Park

Culture on the Plaza
Saturday, noon-1 p.m.
City Square Plaza

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Hidden Valley Field Trips
A visit to the Qu'Appelle River Valley near Lumsden. See wildflowers in bloom, mammals and birds.
June 27, 8:30 a.m.
Meet Dale Hertzog at The Royal Saskatchewan Museum parking lot, 2443 Albert St.

Smarty Pants Pub Trivia
Tuesday, 2 p.m. The Lounge at 4329 Dundas St. W.

Drop-In Creative Writing
Monday, noon-1 p.m.
Victoria Park

Whist for seniors
For more information call Mary 305-760-9652 or Rod 306-789-1386.
Tuesday, 9:30 a.m.
East sanctuary, Living Spirit Centre, 3616 Dean Dr.

ChessDay Challenge
Drop-in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Beverly Plaza, 542 Albert St. N.

FILM

Empire of Dirt

Drama
Centring on three generations of Canadian aboriginal women, *Empire of Dirt* is a sensual masterpiece. After her 13-year-old daughter's overdose attracts the attention of child services, she reunites with her estranged mother and is forced to find a path she has tried to ignore.
Wednesday

Diana

Drama
A self-proclaimed Auschwitz survivor named Nelly (Nina Hoss) returns to her hometown Berlin in June 1945 to the care of her friend from the Jewish Agency. Slightly recovered from surgery,



Mark Wahlberg and Seth MacFarlane return to the big screen in *Ted 2*.

Nelly seeks out Johnny — the love of her life who, by refusing to abandon their marriage, protected her from Nazi persecution for years.
Thursday-Tuesday

The Water Diviner

Drama
Australian farmer Joshua Carter travels to Turkey in 1919 to discover the fate of his three sons reported missing in action. Initially blocked by military bureaucracy, he is aided first by the beautiful Istanbul hotel owner Aydin (Olga Kurylenko), and then by a Turkish officer who had fought against German's.
Thursday-Sunday

Argyle Public Library Theatre
2311 Uthman, 304-777-6964

Just For Cats Film Festival
June 27, 1 p.m.
June 28, 1 p.m.
RCMP Heritage Centre, 5907
Bewdsey Ave.

D-Day 3D Normandy 1944

Documentary
On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, penetrating look at this moment in history, blending multiple cinematic techniques including animation, CGI, and live-action images.

Journey to the South of Me
Documentary
Narrated by Cate Blanchett, this is a breathtaking

adventure to the lush tropical

islands of remote West Papua, where the Routledge climb and below the sea John Jewell, a young island boy, as he takes us on a journey of discovery to this magical place where we are sure to see some of the world's most beautiful and rarest creatures of the sea.

Jerusalem

Documentary
An inspiring and eye-opening tour of one of the world's oldest and most enigmatic cities. Destroyed and rebuilt countless times over 3,000 years, Jerusalem's enduring appeal remains a mystery. The film follows a three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologist Dr. Jodi Magness explores some of the most extraor-

dinary historical sites in the region. Narrated by Benedict Cumberbatch.

Kinross Inn
2923 Powerhouse Dr.
306-522-4679

NEW MOVIES

Max

Family
Military working dog Max, traumatized by his handler's death while on duty in Afghanistan, is adopted by the man's family and tries to heal. Starring Robert Atwell, Lauren Graham and Thomas Haden Church.

Ted 2

Comedy
John Bennett (Mark Wahlberg) and his lovable teddy

bear Ted are back for more group adventures. Starring Liam Neeson, Amanda Seyfried, Morgan Freeman and Seth MacFarlane.

Gulley Cinema
420 McCarry Blvd. N.
305-522-9696

Cinaplex Odessa
Southland Mall Cinema
3525 Garden St., 306-588-3383

Rainbow Cinema
Golden Mile Shopping Centre
3808 Albert St., 306-3819-5150

Events listings are a free community service offered by QP. Listings will be posted if space permits. Please send your listings to QC@leaderpost.com or fax to 306-381-9696.

FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

SASKATCHEWAN FASHION

Embracing the warmth of spring

By Sean Tremblath

Spring is a fun time for fashion. Warm weather gives a lot of freedom, but it hasn't got so hot that long sleeves or pants will leave you sweating. We hit the street on a breezy spring day to see how some Saskatooners were embracing the season.

For Jolene Bates, the weekend is an opportunity to show the style she can't in her daily life.

"I like to really kind of get done up on the weekends, because I can't really do it at work," she said.

Warmer weather is a much blessing for Bates. The temperature is as pleasant, but her light complexion demands caution.

"I like summer, but summer hurts my pale skin. I try to dress in longer sleeves in the summer just so I don't burn," Bates said.

On the flip side, her pale skin allows for dark colours and her tight lipstick to really pop.

She says she doesn't worry about the newest looks, instead relying on what she knows will work.

"I like classic. I don't really go much for trends. I just do what looks best for me," Bates said.

"It's just best to do whatever you feel best in. Whether it's a trendy or classic old simple lines. Whatever you feel good about."

Mike Ziemer goes for cleanliness and comfort.

"This is pretty much as comfy and as dressy as I get," he said.

His casual find is a flip-flop seen at the Saskatoon Farmers Market; he was drawn to deal with customers, a look he said is much more professional than what you'd see if he was at home.

"Around the house it's usually a pair of shorts and no shirt. That's a my usual summer attire, so you caught me on a good day here," Ziemer said.

He tends to keep the shorts at home even in warmer weather.

"I'm not as comfortable in shorts. Maybe it's my chickeny white legs. I'm pretty far," Ziemer said, laughing.



1. **SUNGLASSES:** Electro

2. **SHIRT:** Vans — "I got it on sale in Regina. I want to wear a button-up shirt when I'm working."

3. **JEANS:** Levi's — "Standard black Levi's, usually with a hole at the two. I thought about spending more on pants, but I'm pretty cheap."

4. **SHOES:** Bunkdies — "They're comfortable when I'm standing around all day at the market. All year-round weather foot protection."



1. **JACKET:** Nike faux leather — "I got it on sale. I love Nike."

2. **SUNGLASSES:** From the annual Colour me Red charity run — "An absolute treasure."

3. **SHIRT:** Silk from Wilman in Victoria.

4. **BOOTS:** Call it Spring — "I love Spring boots."

5. **SHOES:** Nike — "I love them. They're an every day thing."

Mike Ziemer and Jolene Bates on the streets of Saskatoon in June. QC PHOTOS BY LAM NGUYEN

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie Makay creates a family illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to lead@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Makay Williams-Perschke**. Congratulations! Thanks to all for your colourful submissions.

With Wendy's Ultimate Canadian Combo you get it all in a Biscuitator with lots of cheese and sauce.

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ASK ELLIE

Stop picturing partner with anyone else

Q: My boyfriend and I have a fantastic relationship and recently went ring shopping. He has a second past, but I do not.

Recently a young woman I used to see only occasionally became my best friend's sister-in-law.

My boyfriend told me she was one of his past "things." Normally this wouldn't bother me, but he's quite a bit older than her, which creeps me out. I keep picturing them together.

He then told me the name of every woman he's been with. A list of 20-30 people. It seems a little excessive, since we're only in our mid-30s.

When into these people constantly through our work and friendship circles. How should I react?

Long Kid

A: React with self-confidence — he's ring shopping with you, not any of them. But also respond with a statement of firm boundaries.

He never lost about having a second history. But the appearance of this other person (and your obvious discomfort) led him to disclose all.

That's a strong sign of his concern for your feelings. Still, the truth comes with new life in order for you to have total trust.

Most important, he cannot have private friendships, nor must alone, with any of those women. If there's even a chance he has contact with any of them, he must tell you about it.

This isn't control. He opened the door to a situation that could otherwise cause misery for you. Don't let that happen.

Stop picturing him with anyone else. He's your partner and planning the future with you.

Q: My daughter, 16, has two children from a failed marriage. They're nearly 10.

Her partner of 15 years is black, sweet and the father of the children. He's never divorced their mother.

He's in his late-50s, smokes heavily and drinks coffee continuously, so his health's not very good.

If something else happens to him, my daughter wouldn't be entitled to his government pension, any retirement packages or any equity.

She's stayed home to care for him and her two children. They live in a rural townhouse and haven't any equity beyond furniture.

She's overweight and I'm very worried about her health. If something happens to her, he'd expect me or her children to take care for her.

Her children are working and going to college. They're faced with large student debts.

Ask Ellie



She's upset he's to get a divorce, but he never does.

I think he feels guilty for not having been there for his own children and wants to leave them whatever teenage adolescence he might have.

Should I speak to him privately or just let them realize it on their own? She's threatened to leave him, or that if he gets sick, she won't take care of him — and he laughs. He knows she'd be there for him. But he isn't there for her.

Worried Mother

A: Do NOT raise this matter with him. It's the worst kind of undue intrusion into a grown man's private matter. The person you can talk to is your daughter.

But tread lightly. If his mother has asked you to care for her and there's no "live" situation presently, you're worrying about the future. But you may turn her off.

Instead, suggest that she take charge of her future and get informed as to whether there are any common law considerations for her. If sexually, or whether he can leave something for her in his will, despite his being married.

What she learns may strengthen her resolve to insist he make some arrangements to provide for her later.

Q: The 15. My friend got dumped by her boyfriend whom she's still states that was.

He and I had been friends as the same time. His never asked me out.

This year our girls' group was off in class with him. I started texting him and thought he really liked me.

My friend was texting him, too. Then she told us all that they're dating. He broke up with her after three weeks and texted me that night.

If he asks ME out, will dating him make me the "bad friend"?

Dating Rules

A: If he asks you the first in front of all your friends. He's past playing the game, as a young teenage boy who he knows is the centre of the girls' attention.

You're closer friends with the girls, and likely for a lot longer than with him.

Your friend didn't "ask" him, since he didn't ask you out for that whole year.

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